

BRIDGES

WEDNESDAY, SEPTEMBER 10, 2014

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At the Day of Play in support of the Saskatoon Crisis Nursery **P. 6**

FASHION:

Two urbanites prove comfort and style aren't mutually exclusive **P. 16**

WINE WORLD:

Troisblez Masi makes a white that's close to perfect **P. 27**

A STARPHOENIX COMMUNITY NEWSPAPER

TRY AND TRY AGAIN

KAYLA MACK NEVER GAVE UP HER DREAM OF PLAYING INTERNATIONAL RUGBY **P. 9**



FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#SELINA ELLIOT

Obsession is a tale of tragedy and revenge

"Whatever you are, be a good one!"
Athena's Lesson

The first time I heard those words the world stopped for just a moment. I always enjoyed writing. There was always hope that I'd be published. But with those words ringing in my head I knew that hope wasn't enough. I needed to give everything I have to my writing.

With *Obsession*, that's exactly what I did. I don't know that I've enjoyed writing a story more. I've laughed, cried and become invested as if I wrote. And that's my hope for you, the reader, that you'll connect with the characters as much as I have.

Along with the pay there were pain-

ty of struggles writing that novel. A lot of research went into the story. History and torture is the backbone to the novel. Researching both left me nightmares that I can't forget. They our wounded hero with a tragic past, begins his life as a slave in the colonies. With the loss of his parents still a fresh wound on his soul. They must find a way to save his sister from Baron Hensley, escape the land owner who would sell them, and reach the law as well as the hooded men in white. And he must do it before the day ends.

The tragedy of that day would define his life. Years later they would seek his revenge upon the Baron that had murdered his family. But even when hell plans could go awry.



Selina Elliot

There is one of my favourite characters, the ones, thinking that most of us have. The most difficult is to believe in our own worth as a person. She was inspired by one of my closest friends, a little soap she's the model for the cover!

Genre: gothic where my tragic romance comes from. I can't say that I have the answer to that, but I know that living in Saskatchewan has nurtured it.

To purchase a signed copy of *Obsession*, or any other books by Selina Elliot check out:

www.AuthorSelinaElliot.com
www.facebook.com/authorSelinaElliot
 or it's book available at Amazon and Barnes & Noble



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Peavey Mart on 51st Street
Thursdays

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Swisscheerwin: Erika Melak looks on during the Canada Cup's final for the 2008 Women's Premier World Cup 2008 at Stadio Anst. on Aug. 18 in Paris. PHOTO BY JORDAN MARRIS/GETTY IMAGES

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Portrait: Photographers George Senoo shows off his classy yet comfortable outfit on the roof of the Grader Building in downtown Regina. BRIDGES PHOTO BY MICHAEL BELL

BRIDGES COVER PHOTO BY BRYAN SCHLOSSER

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IN THE CITY

SEPTEMBER 6, 2014 — 10:02 A.M.

Baby dash



Nine-month-old Olive Pacific was the winner in her heat at the CTO Fall Baby Crawl event at Market Mall. *Webb's photo by MICHELLE WOOD*

ON THE SCENE

DAY OF PLAY

The weather was perfect for the Seakaboom Cross Nursery's Day of Play in Kawana Memorial Park on Sept. 7. Children and their caregivers enjoyed pony rides, juggling, aoo super slide, bounce, face-painting, corned cobs and a car show along with races from Race Hill and a Dairy Queen treat. The highlight for many though was playing with superheroes and Disney princesses.

The event raised more than \$20,000 for the nursery which provides a safe, homelike environment for children when their family is experiencing a crisis.

"We couldn't have asked for a better day," said the nursery's program director Lisa Wilber-Mills. "Today is just about playing."

NOTE: Some characters asked that their real names not be used.

BRIDGES PHOTOS BY LIAM RICHARDS

1. Tinkerbell, left, and Cinderella

2. Dita, left, and Anna, from the movie Frozen

3. Minnie and Jasmine

4. Flynn Rider and Rapunzel

5. Batman (Sebastian Wolford) & Supergirl (Kristen Secorral), from Men (Elwyn). Toonage: Mutant Ninja Turtle Raphael (Jasper) and Raphael (Jay)

6. HotBoy/Chris (Pugh MacLean)

8. Wonderwoman (Alina Papadopoulos)

9. Snow White

10. Spiderman

11. Jax

12. Green Arrow (Adam Jones)

13. Aurora, left, and Belle



ON THE SCENE




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GARDENING

GARDENING IN SASKATCHEWAN

Fiery fall colour for the Prairie garden

By Eri Svendsen

When people say they want to incorporate fall colour in their landscape, I'm concerned what they really mean. Is they want to replicate in their landscape the burst of fiery colour that carpets Eastern Canada in September and October? The truth is, we can't deliver that on the Prairies.

Here, fall colours are subtler — a blend of orange and yellow with a few hints of red and burgundy for contrast — more like the colour of rubens rather than a fall blown out by a brush. Fortunately, there are a few options we can use to introduce patches of bright red to an otherwise more subdued yellow to light orange fall display.

The Amur maple (*Acer glabrum*) and it's close relative, the Tatarian maple (*A. tataricum*), have yellow-orange to light red leaves in the fall depending on the selection or seed source. However, there are three recent introductions that are real standouts: 'Rubens' and 'Flame' Amur maple, and 'Hot Wings' Tatarian maple. The three are similar, having small, dark green, three-lobed leaves, can be single to multi-stemmed trees, grow best in part shade to full sun, prefer even moisture that are somewhat drought tolerant once established, typically form a rounded canopy about 4 to 6 m wide, and have a life expectancy of about 60 years. They're an excellent choice for the city park or as an accent tree in rural landscapes.

One feature these three have in common is that they commence double-winged scarves (i.e. seeds) turn bright red in August, adding an early splash of unexpected colour (note they unopened 'red' kids are still mostly red trees).

The scarves, the real show stopper, is in mid- to late-September when their dark green leaves reliably catch fire sporting shades of red as they respond to shorter days and cool, near freezing evenings.



Bright red 'Hot Wings' Tatarian maple seeds in late August near Providence Place in Saskatoon. PHOTO COURTESY ERI SVENDSEN

The differences are few: 'Rubens' is the shorter of the three, maturing at 4.5 m at maturity. Its reliable fall display of red scarves and burgundy seeds is preceded by scorching red 'Flame' slightly taller at 8 m, has dark green (winterized) seeds followed by blurring red and scarlet leaves. 'Hot Wings' is the tallest, reaching 14 m. As might be expected from its name, the masses of seeds are a uniform bright cherry red. And compared to the other two, 'Hot Wings' is more drought tolerant and performs better in alkaline soil.

For full disclosure and before I'm accused of being a climate-none-don't (again), the three colours are rated for USDA hardiness zone 3. This means they have been reported to survive in areas with an average minimum extreme winter temperature of -40 to -37.8 C. Search like a lost sailor's dog in Saskatchewan.

Recently I experienced stress in my 36 plus years on the Prairies (incidentally, most of Saskatchewan south of the border) forest is in USDA zone 3a or warmer. Saskatoon is in USDA zone 3a. As further proof that

I'm not blushing smoke 'Hot Wings' has just blown through a Prairie regional hardiness trial* with flying colours.

If you want to see specimens of 'Hot Wings' take a stroll along the new section of Innovation Drive (extending the University of Saskatchewan campus and Innovation Place just north of the Case Diox Light Source).

Where the garden season is so short as it is here are the Prairies just add some fire to heat up the fall display.

* The Prairie TRUST (Planting of Rural and Urban Shade Trees) is managed by the Western Nursery Growers Group, www.prairietrust.ca

This column is provided courtesy of the Saskatchewan Perennial Society (www.saskperennial.ca). Horticulture professionals, check out our bulletin board or calendar for upcoming horticulture events. Lobster & Lemon at the Forestry Farm, Plant & Seed Exchange Fall bulb sale, near garden information sessions.

ON THE COVER

When I saw what these women were doing, that's when I said, 'This is what I want to do.'

—Kayla Mack

#KAYLA MACK

Canada's rugby star never gave up on her dream



Kayla Mack, at the Rugby Club at Reims, recently helped Canada's team earn a place in the history books of the Women's Rugby World Cup in France. (Michael Peat/BPA/SPH/SSA)

By Sean Trembath

It was four years ago that Kayla Mack set herself on a path to Canadian rugby history.

The 36-year-old Saskatoon, which had already been playing rugby at a high level, representing Saskatchewan and Canada as a youth. She loved the game, and the friends she

made playing it, but she hadn't yet dedicated herself the way a full-time professional athlete needs to. Then came the 2008 Women's Rugby World Cup.

Mack was watching from her home in Canada. She followed closely on television and the Internet. She saw the love and support the athletes were getting. Most importantly, she

knew she could be one of them.

"When I saw what these women were doing, that's when I said, 'This is what I want to do. I want to do what these women do. I want to work that hard and achieve that.'"

Four long years of constant training began. She moved around the country while still working for a living and maintaining a long-distance

relationship. It paid off.

This August Mack was part of Canada's historic second-place finish at the 2014 World Cup. It was the first the team had ever done. Mack's performance earned her an invitation to join Canada's rugby sevens team, which is about to enter Olympic qualifying. It's another shot at history.

A sevens spot also means intense

training, which means she will be glad to play the sport she loves and won't have to worry about finding a job that allows her to take off and train or travel the world.

Rugby has given Mack a lot, and there is more to come. What's sure going is that she didn't love the sport at first.

Continued on Page 16

It's bittersweet. I think the reason it's so bittersweet is we could have done it. They beat us on the day, but we had the talent, and the team, that we could have done it — Mack



Kyle Mack and her teammates at the Women's Rugby World Cup in France, where they took home second place finish. PHOTO COURTESY USA RUGBY/USADA CANADA

As a teenager growing up in Sen Katon, Mack was an all-around athlete. She played on multiple teams at Mount Royal Collegiate. When a friend invited her to try out rugby during their Grade 10 year, she figured it was worth a shot.

She still remembers the first game she ever played. They had practiced a few times, mostly learning how to fall correctly and basic ball handling skills. With the game about to start, Mack still didn't really know what she was supposed to do.

"They try to explain the rules to you but I remember being in the huddle before my first game. We're all standing together, and the coach goes, 'Everything I told you. Forget it. If you have the ball, run straight,

and if someone is front of you has the ball, tackle them.'"

When that first season ended, Mack was still unsure about rugby. "I wasn't crazy about it," she remembers. The game was confusing and Sen Katon didn't have a great organizational structure. But she liked it enough to try again the next year. That's when everything changed.

Rugby isn't traditionally a sport at Sen Katon's high school sports system, so in Grade 11 Mack was able to play for St. John's. The team was more competitive, and even travelled to bigger tournaments.

Then Robert, who had played rugby at a national level, was one of Mack's early coaches.

"Her athletic ability, her work

ethic at that age, and her coach ability is something I haven't seen in a lot of kids," Robert says.

Mack's time on the St. John's team led to her playing for Team Sask the summer after her Grade 11 year.

"That was my first taste of higher level rugby and I really enjoyed it," she says.

She played with Team Sask again after her Grade 12 year and was invited to try out for Canada's youth team. It led to her first ever national tournament, the 2009 Nations Cup in England.

Canada finished third of four teams, but Mack was not discouraged.

"It was the first time I had played

really high level sport, and it really validated me," she says.

Then came the 2010 World Cup. Mack was not yet on the senior women's squad, so she had to watch from home. She decided it was not going to happen again.

"I definitely started training harder before university. I never lifted weights or anything. I just did sports. In 2009 I really started to step up my training," she says.

After the 2010 tournament, Canada's coaching was changed. Mack was invited to try out, and made it. She played in another Nations Cup but this time it was the real, top level tournament. It was in Ontario, Oct.

Her first international cap, as a p-

pression, came against South Africa. She was part of the starting squad.

"It was so fast. The game was so quick, but I was so exhausted after it. I remember coming off and thinking it was unbelievable," Mack says. She would go on to score her first international try — rugby's equivalent of a touchdown — against personal favourite England. She still remembers every detail.

She had come off the bench as a substitute. Vancouver's Mackenzie Mackintosh had broken through the opposing defensive line and Mack came behind her to support. Mackintosh found her the ball and Mack found herself with just two defences between her and the goal line.

Her athletic ability, her work habits at that age, and her coachability, is something I haven't seen in a lot of kids.

—Tara Eckert



Wild Data rugby player Kara Eckert plays with under a pile of players in 2007. PHOTO BY GUY LAWRENCE

"I saw them turn their hips and I just turned the other way. I ran so hard as I could. One of them tackled me just as I was crossing the line. I touched it down and was like, 'Oh my god. I just did that!'"

Black eyes. She remembers her teammates running to embrace her and an unbelievable rush of feelings. The race still etched in her veins was to be the story.

Up to that point, Mack's high-level rugby career had only been in the, which is named after the number of players each team has on the field at a time. The British Cup performance got her invited to Victoria, where Canada's national team is based.

Seven rugby is different but the rule set was not the most important thing for Mack. The real game-changer was that seven is an Olympic sport, and consequently Canada's teams are invited. Being "invited" means receiving government funding to pursue athletics. Her abilities in sports without large professional leagues, earning money going pro. It's massive.

Unfortunately for Mack, it didn't last. She lost her seat in 2002. It was the big girl setback of her career.

"It wasn't easy. No one likes to lose the chance," she says.

Looking back two years later she is able to see past the loss to see very long in the time.

I learned from that experience to really play rugby for myself, and enjoy it a lot. So for the next two years, everything I did was for me, and my own enjoyment. I wasn't contracted to play doing anything. I was training and playing for the love of the game."

She continued playing and training with the national team, even though it meant moving around the country. She was lucky enough to find a place with a rental car company that had operations all around the country and was willing to transfer her. She moved to Alberta for a summer because the club rugby scene is much stronger there.

Continued on Page 12

Meet

John Donlan

Saskatoon Public Library's new Writer in Residence

Welcome Reception & Reading

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Frances Morrison Central Library
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Saskatoon Public Library is grateful to Canada Council for the Arts for co-sponsoring this reception.

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Nuts About Nature At Beaver Creek Conservation Area

Hi kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chip,
Is it true that hummingbirds migrate on the backs of Canada Geese?

Calvin

Dear Calvin,

Many of you humans find it impossible to believe some of the amazing abilities we animals have. The fact that hummingbirds hitch a ride on the back of larger birds is a myth. It was invented by the pilgrims that arrived in the New World hundreds of years ago. The colonists from Europe had never seen hummingbirds before and actually thought the tiny creatures were a cross between an insect and a bird. They simply couldn't believe that such a tiny animal could migrate long distances on its own. The truth is, hummingbirds do just fine on their own wings and don't need the help of other birds to get where they are going. The Rufous Hummingbird makes the longest migration of any hummingbird species. In 2010, I and several documented one bird's migratory trip at an impressive 6000 km from Alaska to Florida! Here in Saskatchewan we only have one kind of hummingbird, the Ruby-throated Hummingbird. From Saskatchewan, this little ball of fluff migrates all the way to Central America.

Send your questions to me at the address below, then watch Birdies for the answers

Your pal, Chip

10000 Laramie Avenue South
10 km S of Highway 103
Red House, Saskatchewan S0E 1A0
Saskatchewan and Yukon: 1-800-361-6696
Alberta: 403-261-1111
Email: chipp@beaver.creel.com



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1-800-361-6696
Chip's Info: 403-261-1111

Meewasin

I can't imagine what my life would have been like if I hadn't kept playing rugby. I wouldn't have had a chance to see the world, meet the people I've met, and become the person I've become. — Mack



Katie Mack in action at the Women's Rugby World Cup. Mack is now in Canada's second-best. PHOTO COURTESY OF HURTS RUGBY CANADA

The 2011 World Cup still loomed in her mind. In February of this year, with just a few months before team selection, she decided to go alone.

"I was convinced by people in my life who thought I was working too hard. They said, 'If you let this opportunity pass you by, and you don't make the World Cup because you're working when you should be training. Just take six months and do it,'" she says.

In June, after training camps and some warm-up tournaments, the team was selected. Mack remembers seeing the email sitting on her computer, waiting to open it but remembering the feeling she had two years ago, when a similar message informed her she had lost her card.

"I opened it, and it said 'congratulations. I don't think I stopped smiling for days,'" she says.

The World Cup was just two months later. Canada was known as a threat, but far from a favourite. During the group stage they managed to tie England, ensuring a spot in the playoffs and providing a huge confidence boost. They beat home team France in the semi-final, leading to a rematch with England.

The final did not go their way. Speaking less than a week after the game, Mack still twickers between pride at the accomplishment and disappointment at the loss.

"It's interesting. I think the reason it's an achievement is we could have done it. They lost us on the day, but we had the talent, and the team, that we could have done it," she says.

The sting was dampened by some very good news: Mack is back on Canada's senior team, which means once again she is capped. She is the first female rugby player to get a card after previously losing one.

Before she found out, Mack had planned on going to nursing school. That is likely still in her future, but for now she gets to go back to being a full-time athlete.

"It feels really good. It makes you feel like your hard work paid off," she says.

I still coach high school, and when I say to my kids, this is Kayla Mack, this is where she's at now... She's a great example for the young girls — Jessie Buydens



Kayla Mack wants to compete at the 2016 Olympics. She and Canada's women team need to qualify next year to make it to Brazil. *PHOTO BY BRIAN KILGUS FOR THE STAR*

Her nights are now on the 2016 Olympics. The next year is all about qualifying after which the goal will be to bring a gold medal home from Brazil.

Mack's success, along with that of other athletes like Saskatoon's Naayak Doka, who plays for the men's soccer team, provide an example for other players in the province.

"It is a good example for younger kids," says Jessie Buydens, who coached Mack in high school and later played alongside her on Thelon Blue.

"I still coach high school, and when I say to my kids, this is Kayla Mack, this is where she's at now, here are some other girls that got long

shots. And if you can make it to that level, you can travel the world playing rugby. She's a great example for the young girls," Buydens says.

Mack hasn't had much time to train with younger players yet due to her own career, but the idea of inspiring a new generation to take up the sport gives her great satisfaction.

"I couldn't imagine what my life would have been like if I hadn't kept playing rugby. I wouldn't have had a chance to see the world, meet the people I've met, and become the person I've become. I hope more people can discover this amazing sport," Mack says.

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Life-lease units begin at \$1,000 with 57 units (rft available), including numerous suites facing south with a view of Hyde Park. Life-lease units range in size from 721 to 1,297 square feet, including one-bedroom plus den, two-bedroom and two-bedroom plus den units. Every two-bedroom suite has one bathroom.

Construction is 3 months into the summer with occupancy beginning in 2010. With a life lease, you own the lease not the property. You purchase the right to occupy the suite for as long as you desire and independent of Hyde Park View. You own the building and property in your name. You are not responsible for the cost of your investment. Unlike owning a condo, there will never be a surprise bill to fix the roof. You simply receive your money when you conclude your lease. A life-lease is peace of mind.

The construction was designed by Saskatchewan architect Clayton Olmstead of ADRB. Architecture: extensive use of architectural glass in the building's modern design includes floor-to-ceiling windows which capture panoramic views of surrounding city. Hyde Park, with its 330 acres of lakes, parkland and walking trails. A swimming 1/2 mile wide ParkView member functions like an outdoor library. Many suites have balconies with glass panel railings.

All of the "star haves" of today's condo market are offered, including open concept floor plans, finished ceilings and modern kitchens with large ovens, quartz counter tops and a full suite of modern appliances. Two-bedroom master suites have

walk-in closets and 1/2 bath. Top houses feature the stone look of all stone bathrooms. Art in Place Design includes 30 wide double doors and every suite has a secure fire alarm system and an alarm system installed in place. There are no steps to negotiate. Mechanical systems are at a higher standard than many condos with radiant in-floor heat and central air systems with integrated cooling for each suite.

Residents will enjoy the use of extensive amenity spaces, including the land-style lobby, amenity dining room (with Jack Saul's) two glass doors, meeting room, exercise area, library, games room, pool table, walking area, lounge, bar area and a large shared patio with BBQ space and hot tub. Every life-lease suite includes one parking stall in the ground level, located outside, along with individual dry-stacked storage rooms. Getting in early allows you to choose a parking space (you may have one of three choices).

Hyde Park View will also offer 25 potential care suites. As individuals age, they will be able to move to a specially designed area in the same building that will provide the 24-hour, personal care they need. This transition will be made at the same building, with their friends surrounding them. That person can move with them or stay in their same suite. Licensed by the provincial government, the personal care unit will provide an intermediate level of care, not to be confused with long-term care. The apartment waiting list will begin accepting seniors in May 2015.

Hyde Park View offers some of the most attractive prices in the city, especially when you consider the amenities and the high level of service provided to residents—even to changing the light bulbs. The Elm Lodge Housing Group has been providing quality housing in Saskatoon for more than 30 years.

For more information, contact sales representative Shelley Davis at (416) 812-3338 and visit the website at www.hydeparkview.com or drop by Elm Lodge (1125 Main Avenue) or pick up a sales package.

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SASKATCHEWAN FASHION

Comfort and style aren't mutually exclusive

By Ashley Martin

Nathan Elliott and Gerry Simon agree that comfort is the most important aspect of fashion. They also agree that fashion goes beyond the aesthetic.

So it stands to reason the two would collaborate on an initiative with a goal of keeping children warm in winter.

COATSACKS

Last year Coats4Kids raised 18,000 winter coats for kids in southern Saskatchewan.

This year Simon and Elliott are expanding the scope province-wide and hope to provide even more children with winter jackets.

"It started off with a text message saying 'let's do a coat drive' and it kind of set up being a huge success," said Simon, who did a coat drive on a similar scale in Vancouver while working as a player for the H.C. Lions.

"It doesn't get that cold there so you don't really need hip heavy winter coats," said Simon. Here, he saw more of a need.

The children can take their pick from the collection of new and used coats.

"It's important that the jackets have a proper fit," said Elliott, "because if they don't look good (the kids are) not going to wear them."

It's the same approach Simon takes to his fashion every day. Maybe it starts from being an athlete: "You look good, you feel good, you play good."

"I think comfort is the most important thing. You can have the best looking suit or best looking clothes in the world but if it's not comfortable you're not going to wear it."

TRYING FOR TRENDS

"Fashion is an effort to experiment, as it is with everything else in life," Elliott says about dressing well. "It shows that you care."

As we hear so often on this Phoenix page, style is progressing in Saskatchewan. Simon sees it too.

"I think people are really taking ownership of their look," he said. "I think that's important because a lot of times what you have on, that's people's first impression of you... It doesn't have to be always on the top end, but you should definitely take notice of what you have on."

BUSINESS CASUAL IS IN

"I think that's the way it's going with business," said Simon. "It's not necessarily wearing a suit, but if you do have a suit on, most times you're not wearing a tie. It's not really dressing down but it's not always jeans and a t-shirt."

WHY SHOP LOCAL?

While Elliott and Simon each have the opportunity to shop during their many travels—they usually make a point of it. They agree—we've got as good a shop as anywhere right here at home.

"We can go anywhere in Canada and you actually won't find a better suit store" than Regina's Collin O'Brien Mens Shopper, said Elliott.

"The people really care and tend to know your style better than you know it yourself."

A lot of times they take the thinking out of it for (you) which is really cool," added Simon.

We'll give you one guess as to where they got their suits for today's look.



Nathan Elliott
(left) and Gerry
Simon (right)
pose on the roof of the
Corder Building
in downtown
Regina. Photos
by
MICHAEL BELL

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Total symbol of luck
5 Protuberant problem
10 Aches Rachel
11 Tanager David Lee ____
12 Quiz collector
13 African beekeeper's pickings up!
17 Miscellaneous 2000 golf
18 Pruned root
19 Pined relative (also
20 French
21 Misadventure who
22 Quaintest on an online
23 Ties too
24 Answer with the 2000
25 Can't you see with
26 Is he the best son
27 Request in a card
28 Ancient dancer
41 Company's most
42 Truly public
44 Jay gecko
45 MMA division
46 Just character?

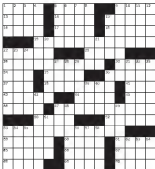


PHOTO BY STEPHEN DEWEY FOR NYT

DOWN

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3 Jet, verb; more the
4 The Super Bowl is
5 Royal ending to a
6 Fictional
7 Lower class in London
8 Whiskered career for
9 Control
10 The Three Tenors
11 Longtime basketball
12 G.O. Obama
13 Something expected for
14 Count say
15 Trick or treaters' view
16 Drink starting with a
17 Beer

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29 "You're right about
30 "I'm a Tiger" n.g.
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46 "I'm a Tiger" n.g.

JANRIC
CLASSIC
SUDOKU

Level: Gold

Fill in the blank cells
using numbers 1 to 9
such that each row
appears only once in each
row (column and 3x3
block). Use logic and
analysis to determine
to solve the puzzle.

The difficulty level
Angels from Number
is rated 1 to 5 stars
in Gold (hardest)



Solution to the
crossword puzzle will
be in the Sudoku cards
found on Page 37

BRA CLINIC

No Fringe Fee, No Shopping, No Wandering, a product available at
the time of fitting for purchase

Now
representing
the Tabbara
Jeanique Louique

WOMEN NEED TO KNOW ABOUT HEALTHY BRAS

Have you gone on a bra shopping trip, only to be frustrated, walking away empty handed? Jeanique International, founded in 1968, manufactures health bras based on the engineering of the Golden Gate Bridge (balanced load suspension). Shirley McInnes (International Executive Director), a Certified Bra Fitter, is coming to Saskatoon for a 2 day Bra Clinic. Bras on the market with lifts and lace may look nice, but they are not doing their job. (85% OF WOMEN ARE WEARING THE WRONG BRA). A women needs support from beneath the breast tissue. The Tab and the Jeanique Louique Bras both fit small to tall figure, sports, maternity and mastectomy - 200 sizes and 3 styles to choose from. 35A - 49KK, no band, no wires to gouge or bruise or impeded lymphatic drainage and circulation. Does not ride up in the back or fall off the shoulders and promotes better posture. Switching to a custom fitted bra is like getting up a floppy pair of slippers for an orthopedic shoe. Once women adjust to the uplift and support (a couple of weeks) you become a life-long client. Doctors, massage therapists, chiropractors often refer their patients to us.



FREE BRA-FITTING CLINIC

Friday, Sept. 19th 9:00 am - 5:00 pm & Saturday, Sept. 20th 9:00 am - 5:00 pm
Broadway Health Collectives 201-611 5th Street East

For an appointment please call
Shirley McInnes, The Bra Lady at 1-855-773-3434



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- Threading, Sugaring & Waxing
- Hands, Feet & Nails

Men's services

1814B Lorne Avenue
306-242-2814
poppyandprairie@gmail.com
poppyandprairie.com

FASHION

SUBDUED SIMON

"I'm usually pretty subtle in my dress," said Simon. But "going with something that's not the norm is good sometimes. It's good to change it up and show that you're not predictable."

That's what he did with today's outfit: mere two bold patterns.

Simon kept his eye on what other people are wearing.

"I travel a lot, so I get to see a wide variety of styles, ensembles of dress, and all times I travel, sometimes I don't like it very much."

And sometimes people don't like very much what he's wearing — usually when it's an oversize shade of red.

"Red is my favorite color, and a lot of times I'm wearing red and people ask like, 'why are you wearing that orange?'"

I think just because people associate me and the B.C. Lions. Any time I hear anything even remotely close to orange, people are like "you're representing B.C."

1. BELT: "I think a lot of times the accessories are what make the outfit."

2. WATCH: Bentley by Bentley. "I wanted to get it for so long, it took me about two or three years to muster up the energy to get it. And the tankard (laughing). It was something I wanted for a while."

3. SHOES: "If you have a good pair of shoes on, I think that can really make or break an outfit."



INNOVATIVE ELLIOTT

"I think it's always about being a little dynamic in your choices and switching them up from season to season or year to year. And even when I was a little and I remember just thinking, 'fashion was important,'" said Elliott.

"It just comes down to being comfortable and not forcing what you're wearing."

1. JACKET: Suit-in-optional pocket sq are. (Elliott included.) "I think it's different, the fact there's a popped collar to now I don't think I've seen that in a blazer ever."

2. SHIRT: "It's bold but when you break it down there's just a lot of detail to it... more than meets the eye."

3. SHOES: Lookie. "I have a difficult time finding shoes that I like so I wear only Lookie dress shoes... If you don't buy a decent pair of shoes or a good pair of shoes they tend to break down, whereas these ones if you take care of them they stay looking good for years on end."



ASK ELLIE

Let those who befriend your ex learn about him for themselves

Q. I recently left my (second) husband of 19 years. I had three children with my first husband, and left him with my youngest two as my fair share.

He's been sober, alcohol-free, and used some drugs. He's close now and my kids are all in their 30s — well at parent, educated, and wonderful. They have a good relationship with the wife they're with.

My second husband was wonderful to my kids and me, but some circumstances regarding his past alienated

children months after we married. I got a recently insouciant collection (ITV), which we both shared on an outside building set. No thought.

Several years later, he kept mentioning a female co-worker. When questioned, he called her in and only two years later, I found a credit card that proved they were having an affair. Plus other emails to two other women.

Looking back, their seven-year affair was obvious. But I never thought he would cheat. I decided to walk out on the marriage. Then I discovered

Ask Ellie



thousands of dollars had been spent on gambling.

I didn't want to be divorced again. It took me almost five years to leave him, just this month he goes.

My family and friends all knew that he had cheated on me for years. But he's charming and manipulative, and recently introduced some of them to his "new" girlfriend.

"They stay connected to him and I feel so betrayed. A few friends have reached out, but I feel my family should support me and long has away.

Answered by Family
A. Take the high road by not telling people how they should support you. Instead,

Just say that he's out of your life for good reasons — which they know.

Let them realize his manipulations for themselves.

Over time, decent people will see this too. Some may even get caught with him in financial issues, through his gambling. (You should already warn your adult kids against that, if they see him.)

Otherwise, walk away from conversations about your ex with them. You've stayed connected to him. You're the one who can't move on. You now need your energy for taking further positive steps in your life.

Q. My son married a woman who has everything about him. He's charming, intelligent, and successful. He's a great dad.

It seems that the fact that he was married enough to have a nice home, and pay for his university education, apparently means we "accepted" him.

She's from a different background and constantly comments about his "having had it easy." Incredible. It's

a hard worker and they're doing OK.

Recently, we offered to pay for a post graduate course he needs, to advance his field, and she said to leave, saying he'd have to wait till they're saved for it.

I think she's a control freak. I can barely stand talking to her anymore.

Answered by Family
A. Proceed carefully with your daughter's career. If she's controlling, and reacts by cutting you off, it'll harm your relationship with your son and any grandchildren they may have.

It's stayed with her, so he obviously didn't feel satisfied. Either he's motivated to work hard.

Perhaps, the desire you share for him to take post-grad courses and "advance," is more your interest than his. They may both feel it means you're not satisfied with what he's achieved already.

Book off. It's known he can get things out of his hands if he needs it. Show more emotional support for their decision about his future, and by showing pride in what he's already done.

Q. We're a small team in a company that requires a professional email user. One female co-worker is arrogant and makes me uncomfortable.

She follows me and from what it makes around stands up when we do, sits by us in the lunchroom, etc. It needs to stop. She acts desperate to be our friend. I talk to her when she says something, but she'll usually say it quietly or take it back if no one else agrees.

We just wanted to get away from her as fast as we could, across the street, and she followed us there.

I need a good way to tell her to leave me alone. I don't want it to look poorly on me.

Answered by Family
A. Your unpleasantness, when your already looks poorly on you. She's likely been hired in a position equal to yours and you're responsible for her job awkwardness, with means none.

Grown up and include her — be a team management with a really strong in your department.

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EVENTS

MUSIC

Wed., Sept. 10

City Walls
Buds on Broadway,
817 Broadway Ave.

Thurs., Sept. 11

John Arden
TCU Place,
303 22nd St. E.

Undercover Pines
Crackers Restaurant &
Lounges,
1-227 Pinehouse Dr.

City Walls
Buds on Broadway,
817 Broadway Ave.

La Est w/ Shakes Salafian
Vanzilla Tavern,
861 Broadway Ave.

Fri., Sept. 12

Jeff Huff
Buds on Broadway,
817 Broadway Ave.

Band Wagon
Army & Navy Club,
399 First Ave. N.

The Standards Trio
McNallyRobinson,
3330 Eighth St. E.

Leen Oels
Fairfield Senior Citizens'
Centre,
103 Fairview Ct.

**Triumph from Theodora: Brad
Johnson & The Johnson Boys**
Dorsey Recreates and Cakes
& Bakes
O'Brien Event Centre,
241 Second Ave. S.

Oldies and the Truckies w/
The Department Heads
on @the Bayle
Lodge/ Pub,
63 Campus Dr.

The New Jazzy Club w/
Lungspot, and Hell Hounds



Brad Johnson & The Johnson Boys with Danny Pannikow and Caine & Barch will be performing at the Triumph from Theodora concert at O'Brien Event Centre on Friday around mid-10:00 in early Hixkok.

Amigos Cantina,
832 10th St. E.

Phata Friday w/ Dec Skins,
Tangerine Wall and Johnny Z

Pegues
Vanzilla Tavern,
861 Broadway Ave.

St. Patrick's Day Bash: Ray

McHawks
Specklebelly's Brew Pub,
500 Central Ave.

Two Men Group

What you need to know to plan your week.
Send events with photo if available to
bridges@thetaphouse.com

Pizza's Pub and Grill,
1633 Idylwyld Dr. N.
Sat., Sept. 13

Jeff Huff
Buds on Broadway,
817 Broadway Ave.

Band Wagon
Army & Navy Club,
399 First Ave. N.

Ladies' Night: Phoenix
Downtown Legion,
828 Squidzie Creek W.

Harry Startup
Nutana Legion,
3221 Lakeland St.

La Est w/ Shakes Salafian
McNallyRobinson,
3330 Eighth St. E.

Spooky w/ William and Eve
301
Artists Centre,
832 10th St. E.

Samon McElraith w/ Skates
and Paper Moons
Vanzilla Tavern,
861 Broadway Ave.

Two Men Group
Pizza's Pub and Grill,
1633 Idylwyld Dr. N.

Sun., Sept. 14

Acoustic Night: Al Morrison
Buds on Broadway,
817 Broadway Ave.

Shooked, Silencers, and
the Bobos w/ The Temps
Capitol Music Club,
244 First Ave. N.

Mon., Sept. 15

Fernie Turnbull
Buds on Broadway,
817 Broadway Ave.

Tues., Sept. 16

Fernie Turnbull
Buds on Broadway,
817 Broadway Ave.

ART

Mandal Art Gallery
Until Sept. 14 at 950 Spadina
Cres. E. Summer exhibitions:
Concluded Beauty in the
Company of Emily Carr. Sym-
pathetic Magic, examining
the Canadian northland from
diverse perspectives, A Wild
Force, works from 1933-53 by
the Canadian Group of Paint-
ers. The Artists by Artists.
Mentorship Program reflects
Sean Webb's work with his
mentor, Marie Lamour.
Talk/ tour with curator Tracy
Greschler for the exhibition,
Surrealistic Magic in Sep-
t. 13, 1 p.m. Members Show &
Sale opens in the audi-
torium Sept. 12, 7 p.m. Free
riverbank art workshop led
by Joanne Bristol Sept. 14, 2
p.m. The 20th anniversary
exhibition launches with a
reception Sept. 28, 7 p.m.

Gordon Smigrova Gallery
Until Sept. 12 at 1911 Room
101 of the U of M Library
Building. A Suburban Shrine
by Mackenzie Brewing.
Reception Sept. 11, 7 p.m. to
10 p.m.

395g
Sept. 12 to Oct. 4 at 330 Ave.
G.S. Passengers, works by
Neil McClelland and Sean
Wespeker. Opening recep-
tion Sept. 12, 7 p.m. to 10 p.m.

Paved Arts
Sept. 12 to Oct. 17 at 434
20th St. W. Off Route 2 by
Amanda Dawn Christie.
An installation of a digital
transfer of a 30-year film loop
showing the anti-busists
aftermath of a car crash.
Opening reception Sept. 12,
8 p.m.

St. Thomas Arts Collective
Until Oct. 31 at 1437 College
Dr. Georgian Bay: Three Tales
by Bridget Atkins, Macki Aul
and Jacqueline Page Miller.
Opening reception Sept. 12, 7
p.m. to 9 p.m.

EVENTS

Void Gallery

Until Sept. 27 at 2-1000
Sighth St. E. Tossing Above
by Sharon Gieske. Photography
focused on towers and
spires. Reception Sept. 13, 3
p.m. to 5 p.m.

Centre East Galleries

Until Sept. 14 at The Centre
E. A display by show-
case of Arts Weimer in the
Royal Gallery, a display by
Museum of Antiquities in the
Jade Gallery, a display by
Saskatoon Potters Guild in the Amber Gal-
lery, an art display by Art
Surrealists with Michael
J. Martin in the Stone
Gallery, photography by
Imagery Photography in the
Green Gallery, a display
by Unleashin' Day in the Park
in the Lavender Gallery, and
displays by Saskatoon Public
Schools in the Magenta
and Indigo Galleries.

SCRAP Gallery

Sept. 15 to Oct. 10 at 258
Third Ave. S. We Need
Griffins: A collaborative art
show featuring local urban
and graffiti style artists.

The Gallery at Frances Morrison Central Library

Until Sept. 18 at 211 23rd St.
E. Human Portraits by Anita
Shawczyk.

Piper Museum and Credit Union Gallery

Until Sept. 23 at 103 Third
Ave. W. In *Biggest Journal*
Saskatchewan's art artists
from Saskatoon show an
amazing view of the province.

Collector's Choice Art Gallery

Until Sept. 25 at 6230 First
Ave. N. Faces by Jonathan
Barnes: His first solo art
show, featuring small to
medium works.

Stanton Arts Centre, Bos- worth

Until Sept. 27 at 701 Railway



MOOSE (Saskatoon) by Anita Shawczyk with display at the Frances Morrison Central Library

Art in Southern: Recent
works by Southern area arti-
sts includes paintings, 3-
D art, stained glass, wood
carving, pottery, sculpture
and photography.

The Gallery at Art Place- ment

Until Sept. 18 at 228 Third
Ave. S. Atmospheric Per-
spective by Catherine Per-
spective: Acrylic and water-
colour paintings capturing
the essence of nature in Fall.

Handmade House Show- case

Until Sept. 27 at 710 Broad-
way Ave. Ugly Face: Just
Featuring works by ceramic
artist Marlene Ginnick.

Humboldt and District Museum and Gallery

Until Sept. 31 at 601 Main
St. In Humboldt: Two
Perspectives, pottery and
paintings by Mel Bolan and
Karen Holden. "Saskatoon
even: Stitches Quilt Block

Chillings' runs until Sept. 27

Prarie Star Gallery
Until Sept. 28 at 1148 Eighth
St. E. Sketches from The
Studio of Mma Forsythe:
New and old work by Kim
Orms.

Black Spruce Gallery

Until Sept. 30 on high way
#2 at Northdale. Little Treas-
ures: a group show. Small
works by gallery artists.

Unleashin' Museum of Canada

Until Oct. 5 at 910 Spadina
Cres. O. Dimphe Dimphe: The
Countryside of His World.

Unleashin' Art Show

Until Oct. 17 at 1200 Second
Ave. N. New works from Jes-
sica Edwards, Joe Toderian
and Luke Wehrman.

Affinity Gallery

Until Oct. 16 at 813 Broad-
way Ave. M. M. M. M. M. M.
sculptures by Paula Cowley
reflecting her interest in
incorporating non-economic
components into her work.

Merced Valley Centre Gallery

Until Oct. 31 at 402 Third
Ave. S. Sketches of a Wor-
ld: A collection of drawings
by Marie Fingers.

8 FAMILY

Stay and Play
Tuesdays and Wednes-
days, 9:15 a.m. to 11:15 a.m.,
through April. For children up
to age five. Theme-structured,
crafts, snacks, story time,
toys, activities. Registration
required. Sept. 4, 7 p.m. to 8
p.m. Small storytime play-
dates begin at 4 p.m. or visit
the Facebook page.

Saskatoon Peaceful Per- forming Group

Sept. 10, 10 a.m. to 12 p.m., at
the Pregnancy and Per-
inatology Health Centre, 248
Third Ave. S. For any family
seeking to make their children
peacefully. A different topic
each month. Children are
welcome.

Stars and Striders

Wednesdays, 7 p.m., at
Centre Christian in The Centre.
Choice of two movies
each week. A baby-friendly
environment with loved
volunteers, dimmed lighting,
a changing table and stroller
parking in select theatres.

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ON 8TH STREET

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RIDER BEER
FRIDGE**

**WITH PURCHASE OF
PILSNER OR
COORS LIGHT**

ON GAME DAY!

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LIVES HERE**

EVENTS



There are many breastfeeding support groups in the city including the Breastfeeding Cafe and the LLLC Breastfeeding Evening Series Meeting at Holy Covenant Church.

Mom and Baby Outdoor Stroller Fitness Classes
Wednesdays until Oct. 8, 1-3 p.m., along the Mainwalk Trail. Meet new moms and get a whole body workout. To register and for starting location email: la@kristenlong.com. More information on Facebook.

C're Clinic and Play
Daily, 10 a.m. to 6 p.m., in Bay 4 of 6 South Railway St. in Weirman Basketball Gymnasium. Indoor playground for children up to age 12. Visit qacimbandplay.com or their Facebook page.

Fun Factory Indoor Playground
Daily at 1033C Quebec Ave. A giant indoor playground for young children, adults and children under one year are free. There is a separate fenced in area for children under two.

Children's Play Centre
Daily at Lawson Heights Mall. A fun, safe environment for preschool children to play.

Please note this is an unsupervised play area and adults must play with and supervise children at all times.

Market Mall Children's Play Centre
Daily just off the food court at Market Mall. This play area is free and has different level slides. Children must wear socks in the play area.

Breastfeeding Cafe
Thursdays, 10 a.m. to 1:30 p.m., at Westwinds Primary Health Centre, 3311 Fairlight Dr. A drop-in support group for breastfeeding women. Sessions will be facilitated by a lactation consultant with a brief education presentation, and time for interaction with the other mothers.

Canadian Light Source (CLS) Public Tours
Thursdays, 1:30 p.m., at the Canadian Light Source, 44 Innovation Blvd. The spectrometer research facility is open for the public. Pre-registration is required. Call 306-651-3844, email public@clslight.ca.

source.ca or visit lightsource.ca/tour/openhouse_hours.php.

Movies for Mommas
Thursdays, 1 p.m., at Rainbow Cinema in The Centre. An infant-friendly environment with infant stroller change tables, bottle warming and stroller parking.

Car Seat Clinics
Second Thursday each month, 3 p.m. to 6 p.m., at Pregnancy and Birth Centre, 3-605 23rd St. E. Get your seats checked and questions answered by a trained Car Seat Technician. Call 306-261-7930 or email whs@pbc.ca to register. Drop-ins also welcome.

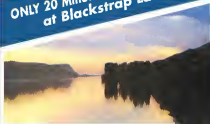
LLLC Breastfeeding Evening Series Meeting
Sept. 11, 6:30 p.m., at Holy Covenant Church, 1626 Alexander Ave. The topic is the advantages of breastfeeding to mother and baby. All interested women are welcome. Call 306-653-4505 or email lllc@kristenlong.com.

Skyview

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**Rick King 306-221-1209
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skyviewcountryhomes.ca

EVENTS

Shop 'n' Stroll

Fridays, 9:30 a.m. to 10:30 a.m., meet in front of Customer Service at The Mall at Lawrence Heights. Classes consist of power walking, body-sculpting moves using exercise tubing and a special program for parents and babies. Free registration at numerous community centers. No classes on shut holidays.

Coffee Time for Moms

Fridays, 10 a.m. to 12:30 p.m., at Mainland United Way, 1100 Central Ave. Moms enjoy a free cup of coffee while children play in the playroom.

Kinky To B. at SPL

Fridays, 10:30 a.m., at Alice Turner Branch Library, 12-30 a.m. at Curlye Hall, Burnside and 55 Wood Street, and Saturdays, 10:30 a.m., at Cliff Wright Branch. Half-hour stretching and shamanic rituals with other participants.

Craft and Arts Time

First Fridays, 7 a.m., at Indian Wells, 3822 Eighth St. in the kids' section. Call 366-3434-5387.

Leaf Art

Sept. 13-14, 1 p.m. to 4 p.m., at Mississauga Valley Centre. A drop-in craft for all ages. Information at 366-665-6644. Admission by donation.

Something on Sundays

Sundays, 2 p.m. to 4 p.m., at the Mendon Art Gallery, 950 Spadina Circle. Free family-friendly art for ages five to 12, accompanied by an adult. Art-making activities led by gallery artists. Supplies are provided. Sept. 14, Free Family Fun "Summer Leaves" as we say goodbye to summer and hello to autumn art.

Prenatal Yoga

Mondays, 12 a.m. to 1 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S. Beginner to intermediate

yoga designed to help with postpartum recovery. Baby-friendly class with a certified yoga teacher. Able for four weeks to five in an antenatal class. Register at www.pregnancy.com/canada/yoga. No class on shut holidays.

LLUC Saskatoon Toddler Meeting

Sept. 10, 4:30 p.m., at 388 Heli-Cove. A meeting geared to mothers breast-feeding older babies/toddlers. The topic is sleep and other challenges. All interested women are welcome. Call 366-665-6644 or email LLUCSaskatoon@gmail.com.

Prenatal Yoga

Mondays, 8 a.m. to 9 a.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S. Taught by a doula and certified yoga teacher. Informative and safe for any stage in pregnancy. Call 366-200-6644 or email pregnatyoga@gmail.com. No class on shut holidays.

Sibbi'd Bobbi'd Boo Playroom

Meets to play, 10 a.m. to 4:30 p.m. and last night Thursdays, at Sibbi'd Bobbi'd, 1100 Central Ave. With a vet area, kitchen and shopping carts, puppet theatre, stage and crafts. To book groups, or to check for availability, call 366-364-4791 or email bbobbiesss@csk.net.

Playgroup

Tuesdays, 9:30 a.m. to 1:30 p.m., at Grace-Westminster United Church. Hosted by Peace Hearts Learning Circle, a group of families inspired by Waldorf philosophies. Programming is aimed at children ages five to five, but all ages are welcome.

Preschool Story Time

Tuesdays, 10:30 a.m. to 11 a.m., at McNelly Robinson, 320

Eighth St. E. For children ages three to five in the Circle of Trees. Call 366-955-1877.

No Noddy Hours

Tuesdays until Nov. 4, 7:30 p.m. to 9:30 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S. A comprehensive children's education series, preparing parents for the birth of a child. To register visit hathayoga.com.

BRICKS 4 KIDS® Saskatoon

Provide a fun-filled program, preschool classes and camps for kids of all ages at various locations in Saskatoon. An atmosphere for students to build unique friendships, play games, and have fun using LEGO bricks. Visit bricks4kids.com or call 366-579-2749.

Saskatoon Public Library Programs

Original story programs for children and families. Find the calendar at saskatoonlibrary.ca/node/1036.

SPECIAL EVENTS

Telephone Saved Separation Ceremony — Collaboration

Sept. 10, 12:30 p.m., at Quince Theatre in the U of S. Featuring: Building Presented by C.A.S.L. Five Arts in the Community Lecture Series in Music: A lecture by Dr. Glen Clark. Admission is free.

Self-Unity, Action and Identity

Sept. 10, 7 p.m., at The Refinery, 609 Dufferin Ave. A philosophy in the Community Lecture Series. With Professor and co-organizer, discussing the essential self. Information at usask.ca/philosophy/community.

Celtic Singers Rehearsal

Sept. 10, 7:30 p.m., at St.



Catch the Saskatoon Aging and Mothers Expo Sept. 12 and Sept. 14 at Parliament Park. Photo: Phil Meier for CIBC Picta

Joseph's Catholic Church. The first rehearsal of their season. New members are welcome. Information at 366-867-5454, scjoseph@nrc.ca.

West Coast Swing Dancing

Every second Wednesday starts Sept. 10, 8 p.m. to 12 a.m., at Lantz Pub, 930 Commercial. Don't let us swing dance.

Scientist: The Art of the Event

Sept. 5, 7 p.m. to 9:30 p.m., at Frances Morrison Centre Library. A presentation with Professor Steven Brown from Australia. Brown will discuss the complex cultural contexts of spectacle. Admission is free.

Academic Freedom in Gen-Gen

Sept. 11, 12 p.m. to 4:30 p.m., at Neithylin Theatre in the U of S Arts 240. A book launch and symposium. Everyone is welcome. A reception will follow at the University Club until 6

p.m. For information email lin.thirdy@gmail.com.

SAGE Dance

Thursdays, 7 a.m. in room 12 at Albert Community Centre, 610 Glenora Ave. S. Saskatoon International Folkdance Club. Learn dances from many countries around the world. First night is free. Visit sageinfo.ca.

Le Choeur des Femmes de l'Université

Thursdays starting Sept. 11, 7:30 p.m., at L'Oratoire, 1400 Albert Ave. Song and recitation in French. With choir director Michael Harris and accompaniment by Rachel Power. Information at 366-343-6641, 366-343-9460.

Workshop with Steve Brown

Sept. 12, 1 p.m. to 4 p.m. in the Peirce Room at the U of S Dismal Centre. Trainers and

SIA 50th Anniversary Celebration

Sept. 12, 6 p.m., at Oakridge Park. The Saskatchewan International Association celebrates 50 years of promoting positive cultural relations in the province. Featuring multicultural supper, awards, musical performances and live entertainment by Celtic 2 Dublin. Information at 366-566-0058, 90th anniversary@scia.org. Tickets at scia.org.

Saskatoon Anti-Aging and Wellness Expo

Sept. 13, 10 a.m. to 5 p.m., and Sept. 14, 11 a.m. to 5 p.m., at Parliament Park. A symposium designed to empowering women and men to stay younger longer. Live demonstrations, treatment stations, presentations, interactions with industry professionals, products, services and resources. Visit antiagingwellnessexpo.com.

OUTSIDE THE LINES

Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product, and email it to bridges@thegigglefactory.com. One winner will be chosen each week.

Please send entries by Monday at 9 A.M.



Last week's contest winner is Seaside Keating. Thanks to everyone who submitted entries!



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WINE WORLD

#SASKATCHEWAN WINE SCENE

Appaxximento white close to perfect

By James Romanow

The last two weeks I've been covering one of the world's favourite wine appaxximentos. To recap — appaxximento wines are wines made from genetically dried grapes.

The most famous such wine is Amarone. This is an intensely intense, rich wine that goes with anything, anytime. An Italian friend of mine once told me, "I would drink Amarone with my breakfast eggs."

Lately the Italians have taken to applying the technique to lesser wines, with different grapes and producing perhaps not so fine a wine, but an amazing drink nevertheless. For get looking for Amarone. Look for the word "appaxximento" or "Paxximento" on the label.

Word very recently, nobody thought to apply this technique to white wines. It was better only reserved for red grapes. Lately, the ever-inventive Italians have started applying the system to everything.

The trailblazer for this process is Blass, one of Western's leading vintners. In an effort to trademark their process, which are typically to dehydrate more advanced than other vintners, they have taken to putting the word "Appaxx" on the label. So there is one more word you need to watch out for now.

Once you get past the nomenclature, you will find a white wine that is close to perfectly stru-



turned. The Verduzzo adds bulk and body and the Pinot Grigio adds a brist, somewhat brutish. I am hard-pressed to think of another white at this price point that is so well made. I love the stuff. I tend to drink it well above fridge temperature, almost room temp.

The moral of the story is forget about blends, grapes, nations, blends, etc. When you see "Appaxximento" on a label, by the way (and don't forget to read the back label!)

Most Mainstream (Appaxximento), Italy 2013, \$18.99 (Good alert!)

No more about appaxximentos for a while. But more wine in Monday's paper and on Twitter @jromanow

Crossword/Sudoku answers

J	U	J	O	T	F	R	A	S
E	V	A	N	R	O	T		
T	A	X	I	R	I	T	A	E
A	S	H	E	N	K	A	N	T
T	H	E	F	A	Q	F	O	R
M	I	A	T	R	A	R	O	I
O	F	T	I	S	A	D	D	R
S	T	I	P	E	S	T	A	S
T	V	O	P	E	R	I	V	O
Q	U	E	N	S	I	Z	E	D
U	T	I	A	R	O	N	O	I
I	N	N	E	R	S	L	O	I
D	E	E	D	M	A	S	K	E

1	4	3	8	7	5	9	2	6
6	5	8	9	2	4	7	3	1
7	2	9	6	1	3	4	5	8
9	8	5	1	6	7	2	4	3
3	7	1	4	9	2	6	8	5
4	6	2	3	5	8	1	7	9
8	3	6	7	4	9	5	1	2
5	1	7	2	8	6	3	9	4
2	9	4	5	3	1	8	6	7

Authentic Amish Cooking



Carrot Salad

2 1/2 lbs Carrots,
peeled & sliced
2 C. Sugar
1 T. Dry Mustard
1 can Tomato Soup
1 T. Salt

1 Green Pepper,
sliced
1 Onion, sliced
1/2 C. Sliced Onions
1/2 C. Vinegar
1/2 T. Pepper



Cook carrots in small amount of water until tender. Drain. Add carrots and pepper. Mix oil, sugar and vinegar. Then heat until sugar is dissolved. Add dry mustard, soap, salt and pepper. Mix and pour over vegetables. Refrigerate until ready to serve.

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